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Lidia James, vitamin consultant at Great Earth Vitamins in La Mesa

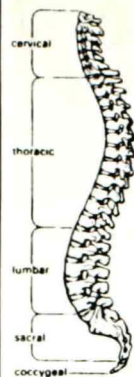
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INSIDE THIS FINE PUBLICATION

Tuesday, January 5, 1999

Vol. 51, No. 36

Tuesday
Live!

Sports Fitness Recreation

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THE LEMON GROVE REVIEW

New East County sports complex planned

by Jason Williams

Long a dream of those dressed up for sports in East County and no place to play, an almost \$12 million Parks Project has been approved by the city of La Mesa, at least in concept.

Conceived by the La Mesa City Council some four years ago, the project is now approaching the final planning stages.

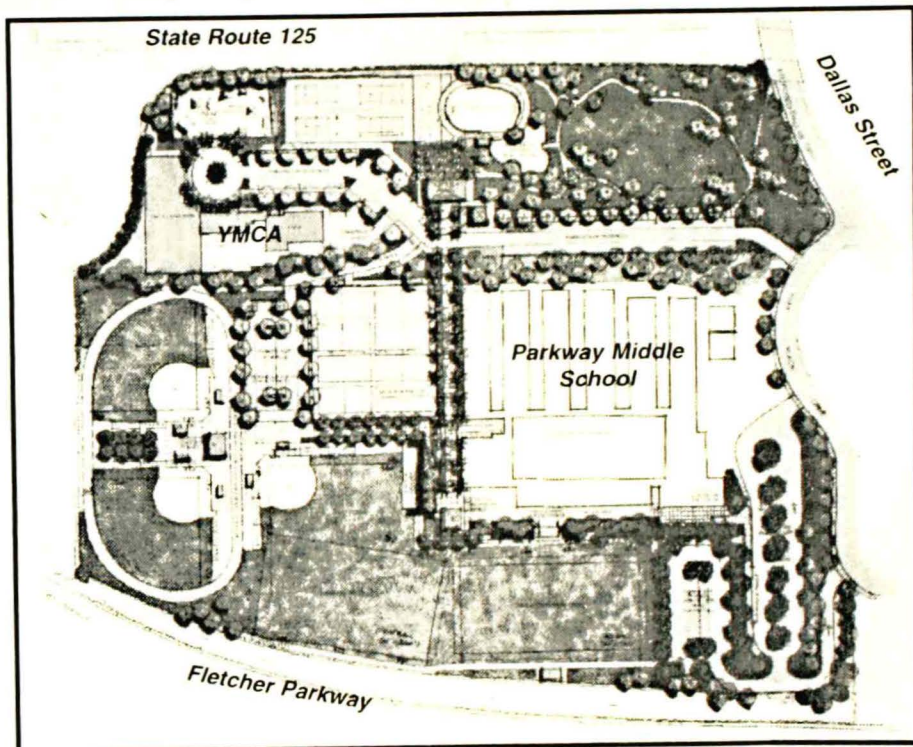
Public hearings will be scheduled this year.

According to a preliminary draft, the complex will provide improved recreational and physical rehabilitative facilities for a large and diverse East County community, as well as the benefits derived by citizens of La Mesa.

The new sports complex will comprise land from both La Mesita Park and Parkway Middle School along with improvements at Briercrest Park, home of Pop Warner football and AYSO soccer teams.

In addition to the city, several private entities may also take part in the project, including the Grossmont-Davis YMCA, which would potentially expand its existing facilities, along with the Challenge Center and a Day Care Facility expressing interest in the plan.

The La Mesa-Spring



The proposed new La Mesita Park and school playgrounds are depicted in this sketch with Fletcher Parkway at bottom and state Route 125 (when completed) at top, looking west.

Valley School District will be involved, since the project greatly improves the Parkway Middle School playgrounds and allows for more community use when school is not in session.

The project is generally driven by a recognized need to meet current and future recreational and open space

in the city.

At a two-day meeting in November, 1994, the council recognized a need to provide adequate educational and recreational opportunities for the community's youth as well as the need to maximize the use of the city's current resources.

The Parks Master Plan

was given a high priority to fulfill that desire.

The project increases the recreational opportunities for youth through improved and expanded athletic fields and facilities while providing for the formation of partnerships which could

Continued on Page 2

Court ruling allows county to accept employees' division

A Superior Court judge has ruled that the county can move forward with its plan to reorganize the division that maintains all county vehicles.

Service Employees International Union Local 2028, which represents about 10,000 county employees, had sought an injunction to stop the plan, which resulted from a managed competition between county employees and the private sector.

Employees of the Fleet Services Division submitted a bid for vehicle maintenance that beat out a number of private sector firms. Under the employees' proposal, the division's 79-member work force will be cut to 60 positions, saving the county \$1 million per year.

Some of the 19 positions slated for elimination were unfilled. Affected employees either opted for early retirement or transferred to other county positions. No layoffs occurred.

Of the 60 remaining employees, 50 were given promotions that include new duties and responsibilities, six received lateral transfers and four were assigned to lesser positions.

Superior Court Judge Charles Hayes on Wednesday ruled against the union's bid for a preliminary injunction, meaning the reorganization plan can move forward.

The managed competition for Fleet Services is part of an overall competition and reengineering effort across the county that has so far trimmed about \$17 million in annual costs from the county budget. Other managed competitions have included the Alternate Public Defender's office and Workers Compensation administration.

Community Notes

First Friday Films to show 'Inherit the Wind'

First Friday Films, a new film and discussion group, will show "Inherit the Wind" at 7 p.m. on Friday at the Lemon Grove Congregational United Church of Christ, 2770 Glebe Rd. in Lemon Grove.

Anyone who enjoys movies and would like a chance to view and then discuss them with others is invited to attend, free of charge. Refreshments will be provided. Call 594-4121 or 466-0503 for more information.

Historical Society to hold first meeting of 1999

The Lemon Grove Historical Society will launch its 1999 activities with a colorful slide and video presentation by Chuck Dappert of the San Diego Zoo Speakers Bureau at 1:30 p.m. on Thursday in the Lemon Grove Library, 8073 Broadway Ave. in Lemon Grove.

Photographs and drawings will depict what the zoo and park will look like in the next century. The program will be followed by a short business meeting and refreshments. The public is welcome, and there is no charge. Call 463-9193 for more information.

Animal adoption gift certificates available

The county Department of Animal Control is offering gift certificates this holiday season that can be used for the future adoption of a dog or cat.

Because selecting a pet is such a personal decision, the department discourages people from adopting pets for friends or relatives. The recipient of an animal control gift certificate, however, can choose his or her own animal companion, or use the certificate for license fees, vaccinations or other animal control services.

The certificates are especially convenient now that the Board of Supervisors has approved a new, simplified fee structure for the adoption of dogs and cats. Any dog can now be adopted for \$60, and a cat is \$50. The fee includes any services the animal needs, including spaying or neutering, license, vaccination or implantation of a micro-chip identifier.

The need for adoptive homes is great - last year alone, the department had to euthanize some 19,000 unwanted animals.

The number to call for information about gift certificates or the new adoption fees is 236-4250. The department's web site at www.sddac.com features photos of animals available for adoption.

Free blood pressure testing available

Have your blood pressure checked for free by Grossmont Hospital's registered nurses from 9:30 - 11 a.m. on Jan. 6 at Grossmont Brier Patch Senior Resource Center, 9000 Wakarusa St. in La Mesa. The public is welcome and there is no appointment necessary.

Bea new Grossmont Healthcare Board president

Richard Bea has been elected to serve as president of the Grossmont Healthcare District Board. The unanimous vote came on Dec. 18 as the board elected new officers for the 1999 calendar year. Gloria Chadwick who won a seat on the board in November will serve as vice president, Dennis Wilcox, M.D. will be board secretary, Robert Yarris will serve as secretary and Jim Stieringer will be member at large.

Bea, a resident of La Mesa since 1964 is a retired Navy Chief Hospital Corpsman. He retired from Grossmont Hospital in 1995 and was elected to the health care district board in 1996.

The Lemon Grove Review

Box 127, Lemon Grove, CA
91946 • (619) 469-0101

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Sports Editor: Marv Rosen

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Paul Treske, Betty Jo Tucker,

Jason Williams

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

Lemon Grove Fire Log

Dec. 1, 1998

8100 blk. Broadway Ave. Possible heart.
7400 blk. Roosevelt Ave. Reaction to medication.
6900 blk. Central Ave. Seizure.

Dec. 2, 1998

Hwy 94/College Grove Wy. Vehicle accident freeway.
Hwy 94/Massachusetts Ave. Vehicle accident freeway.
2200 blk. Massachusetts Ave. Difficulty breathing.
Hwy 94/College Ave. Vehicle accident freeway.
Central Ave./Massachusetts Ave. Nose bleed.
College Ave./Hwy 94 Vehicle accident.

Dec. 3, 1998

1400 blk. San Altos Pl. Single-engine response.
8000 blk. Broadway Ave. Odor of natural gas.
1600 blk. Angelus Ave. Seizure.
Hwy 94/College Ave. Vehicle accident freeway.

Dec. 4, 1998

3200 blk. Main St. Abdominal pains.
7800 blk. Broadway Ave. Traffic accident.
Drexel Dr./Canton Dr. Vehicle accident.
8300 blk. Broadway Ave. Traffic accident.
Sweetwater Rd./Broadway Ave. Vehicle accident.
6900 blk. San Miguel Ave. Structure fire residential.
7800 blk. Sanford Dr. Rubbish fire.
7900 Palm St. Ringing alarms commercial.
2100 Ensenada St. Structure fire residential.

PUBLIC NOTICES

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Helix Water District will receive on or before 10:00 a.m., Thursday, January 21, 1999, bids for PIPELINE PROJECT 2499: Broadway from Federal Boulevard to Massachusetts Avenue in the City of Lemon Grove.

All items of work shall be as more particularly enumerated and described in the Bid Form and other contract documents forming a part of and in strict conformity with the "Plans and Specifications" for PIPELINE PROJECT 2499 available at the office of said District, 7811 University Avenue, La Mesa, California, and shall include the following:

- Item 1 Furnish and install approximately 1677' of 16" Class 235 PVC Pipe
- Item 2 Furnish and install approximately 36' of 24" RCP casing
- Item 3 Furnish and install approximately 10' of 8" Ductile Iron Pipe
- Item 4 Furnish and install approximately 24' of 16" Ductile Iron Pipe
- Item 5 Reconnect approximately 3, 2" laterals to new main, including 3/4" Bronze Corporation Stops
- Item 6 Reconnect approximately 1, 1" lateral to new main, including 1" Bronze Corporation Stops
- Item 7 Reconnect approximately 4, 1-1/2" laterals to new main, including 1-1/2" Bronze Corporation Stops including Bronze Service Clamps
- Item 8 Reconnect approximately 3, 2" laterals to new main, including 2" Bronze Corporation Stops including Bronze Service Clamps
- Item 9 Furnish and install approximately 4, 1" water laterals per Standard Drawing 2
- Item 10 Furnish and install approximately 1, 1-1/2" water laterals per Standard Drawing 3
- Item 11 Furnish and install approximately 2, 2" water laterals per Standard Drawing 3
- Item 12 Furnish and install approximately 3, 6" Fire Hydrant Assemblies (Minus Head)
- Item 13 Furnish and install approximately 2, 8" Water Main reconstructions
- Item 14 Furnish and install approximately 3, 6" Fire Hydrant reconstructions
- Item 15 Furnish and install approximately 2, 6" Fire Service reconstructions
- Item 16 Cut existing water main and plug with approximately 9 Concrete Plugs

The work shall include the furnishing of any and all required labor, transportation, services, and material, for the hauling, distributing, excavating, laying, caulking, tapping, assembling, testing, backfilling, and restoring all pavement and surfacing where necessary for the construction of PIPELINE PROJECT 2499, Broadway from Federal Boulevard to Massachusetts Avenue in the City of Lemon Grove, complete as shown on the plans and in the specifications.

The District reserves the right after opening bids to reject any or all bids.

It is especially called to the attention of the bidder that the work placed under contract shall be commenced by the Contractor within 15 days after the date of the letter giving notice to the Contractor to proceed; the official starting date shall be said 15th day and work shall be completed within seventy-five (75) calendar days, including Sundays and holidays from such official starting date.

Bidders are hereby notified that pursuant to Labor Code, Section 1773, the District has obtained the prevailing rate of per diem wages and the general prevailing rate for holiday and overtime work applicable in this locality from the Director of the Department of Industrial Relations for each craft, classification, or type of workman needed to execute this contract. A copy of these prevailing rates in on file at the office of the District and may be secured upon request by any interested party. The successful bidder shall post a copy thereof at each job site. (See Labor Code, Section 1773.2)

Each bid shall be made out on a form attached to and forming a part of the specifications, which can be obtained at the office of the Helix Water District, 7811 University Avenue, La Mesa, California, and shall be sealed and filed with the Secretary of the Board of Directors of said District on or before Thursday, January 21, 1999, and read aloud on or after 10:00 a.m. of that day in the office of the Board of Directors of said District.

Each bid shall be accompanied by cash, a certified or cashier's check, or bond secured from a surety company satisfactory to the Board of Directors of said District, the amount of which cash, check, or bond shall not be less than 10% of said bid made payable to the order of the Helix Water District. Said cash, check, or bond shall be given as a guarantee that the bidder, within six (6) days after being notified to do so, will enter into a contract and provide the necessary bonds and certificate of insurance. The cash, check, or bond will be declared forfeited if the successful bidder fails to comply within said time.

At the option of the bidder, bid proposals may be accompanied by cash equal to ten percent (10%) of the amount of the bid instead of a cashier's or certified check or a corporate surety bond. No interest will be paid on any cash that is submitted.

The successful bidder will be required to furnish a labor and materials bond in an amount equal to 100% of the contract price and a faithful performance bond in an amount equal to 100% of the contract price. Said bonds shall be secured from a company which is an admitted surety insurer in the State of California, and if the company is not listed in the current U.S. Treasury Circular No. 570, it shall be required to furnish the documents described in Section 995.660 (a) of the California Code of Civil Procedure in order for the District to determine the sufficiency of the insurer. Bonds shall be on forms provided by the District in these Contract Documents. The successful bidder shall also be required to meet the insurance requirements of the District as set forth in the General Conditions. All of said bond and insurance requirements shall be completed and submitted to the District within six (6) calendar days from the date the District gives written notice of its intentions to award the contract. Failure to meet these requirements within the allotted time shall be sufficient cause for rejection of bid.

Pursuant to Section 22300 of the Public Contract Code of the State of California, Contractor may request the District to make retention payments directly to an escrow agent or may substitute securities for any money withheld by District to ensure performance under the contract. At the request and expense of Contractor, securities equivalent to the amount withheld shall be deposited with District or with a state or federally chartered bank as the escrow agent, who shall return such securities to Contractor upon satisfactory completion of the contract. Deposit of securities with an escrow agent shall be subject to a written agreement substantially in the form provided in Section 22300 of the Public Contract Code. No bid will be accepted from a Contractor who is not licensed in accordance with the Law of the State of California as a Class A or C-34 Contractor.

The said Board of Directors reserves the right to reject any or all bids and/or waive any irregularity in a bid. Forms of Proposal, Contract, Plans, and Specifications may be obtained upon application to the District.

Dated: La Mesa, California
December 23, 1998

By the Order of the Board of Directors

Lemon Grove Review
January 5, 1999

HELIIX WATER DISTRICT

By: /s/ Lynn E. Young

LYNNE YOUNG, BOARD SECRETARY

CITY OF LEMON GROVE NOTICE ADVERTISING FOR PROPOSALS

Sealed proposals will be received at Lemon Grove City Hall located at 3232 Main Street, Lemon Grove, California, up to the hour of 2:00 p.m., on January 26, 1999 for performing work as follows:

PHASE II SEWER REHABILITATION PROJECT CONTRACT NO. 99-01 PROJECT DESCRIPTION:

The work to be done consists of installing approximately 9,367 linear feet of 6-inch, 8-inch, and 10-inch cured-in-place pipe lining, performing 61 point repairs on sewer pipelines, installing 13 new manholes, replacing approximately 30 linear feet of existing 8-inch VCP pipe with 8-inch PVC pipe, adjusting 2 manholes to grade and lining the bottom of an earth channel.

The bid package may be obtained by calling Seantech, Inc. at (619) 495-0727 for a non-refundable charge of approximately \$25.00. All bidders should direct their questions during the bidding period to Ken Simmons, John Powell & Associates, Inc. at (760) 753-1120.

All work must be completed in 196 days. The Bidder for this Contract must possess a valid General Engineering Contractors "A" License. The successful Bidder must have a City of Lemon Grove Business License prior to commencement of work.

The City of Lemon Grove will not discriminate on the grounds of race, color, sex, or national origin.

Attention of Bidders is particularly called to the requirements of wage rates to be paid under the Contract. It should be noted by all Bidders that the current State Prevailing Wage Rate Scale for the San Diego area will be required to be paid by all Bidders under the conditions of the Contract. Specifically, the Wage Scale is the most recent "General Prevailing Wage Determination Made By The Director of Industrial Relations Pursuant to California Labor Code Division 2, Chapter 1, Part 7, Article 2.3 and 5." It shall be the responsibility of the Prime Contractor to comply with all applicable sections of the California Labor Code including, but not limited to Sections 1776 and 1777.5.

The City Council reserves the right to reject any and all bids, any combination of bids, or any informality in a bid. Bids must be accompanied by a 10% bid bond as specified in Section 1, General Information for Bidders of the documents. No Bidder may withdraw his bid without forfeiture of his bid bond within sixty (60) days after the actual date of the bid opening.

The City of Lemon Grove complies with the Americans with Disabilities Act. If you require reasonable accommodations for this bid opening, contact the City Clerk's Office: (619) 464-6934, at least 48 hours prior to the scheduled opening.

Lemon Grove Review
Jan. 5 & 12, 1999

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Parks Continued from Page 1

facilitate the construction of the planned improvements.

The three new sites will increase the size and usable area and will have more hours of use than before.

Multifaceted funding increases the project's potential for completion and provides for increased public participation in the development of city plans, thereby gathering broad community support.

Factors occurred over a period of years, often times independent of each other, that contributed to the realization of being able to address numerous goals and desires of the community.

In 1988, the La Mesa Pop Warner league proposed a plan to install lights on the sports field located at Briercrest Park since the league utilizes the field in the fall and early winter when early darkness restricts practice time.

Extending the practice time was opposed by a large group of residents, citing complaints of noise, parking and traffic existing from the league's use of the field.

A second factor involved updating the Grossmont Specific Plan in 1992 from its 1985 original draft to include a proposal to move the sports field from Briercrest to the Parkway Middle School grounds which had approxi-

mately 10 acres of level athletic fields available.

This had the intention of eliminating the land use conflicts as well as providing a turf field for both the school and league use.

The redevelopment plans for Briercrest would then include a passive neighborhood park with potential access to Murray Drive.

Challenge Center funding was another consideration. The nonprofit center offers rehabilitative and on-going recreational services to disabled community members.

The center has quickly outgrown its present facility in El Cajon. The relocation of the Challenge Center to Briercrest would provide a unique opportunity.

The project report notes that, over the past 10 years, the extension of State Route 125 north of Interstate 8 has had significant impacts on both current parks, and caused closure of Brier Patch elementary school.

The pending realignment of Dallas Street which borders La Mesita and Parkway Middle School will give the parks freeway exposure.

There is also an existing shortage of athletic fields for sports leagues who are continually searching for more and better designed facilities to accommodate the

demands of youth and adult sporting events.

These mitigating factors influenced the City Council to direct staff members from the Community Services and Community Development departments to establish goals in developing the Parks Master Plan and facilitate the project being constructed as soon as possible.

Briercrest Park consists of 6.6 acres, originally a reservoir for the Helix Water District and dedicated to the city in 1958 for the purpose of developing a public park.

The park has included a sports field as well as a small playground and picnic area. A par course was formally located in the park, but deteriorated and was eventually removed.

The existing park's boundaries will be expanded due to excess lands from freeway construction. Caltrans has deeded some property to the city along with two parcels the city has purchased, increasing the park size by 2.4 acres.

Briercrest Park is currently one of the least used parks in the city, according to the preliminary draft. Aside from the youth sports, the park experiences little use, caused by the relative isolation of the park.

The Community Services Commission claims the park should "be a healing place for the body and the soul," and would be unique in that it would not only serve the surrounding community, but would contain special design elements for members of the disabled community.

The council envisioned the park as an opportunity to provide additional services to the disabled community through making the park a regional destination point for members of this community. The Challenge Center and the proximity to the Grossmont Hospital campus reinforce this vision.

The center would provide rehabilitative recreational and associated programs within the building, its associated outdoor facility and the general park grounds for people with disabilities who are no longer part of an ongoing treatment.

The park design includes many features that provide greater accessibility for the disabled community, such as widened walkways to accommodate wheelchairs and hand-powered cycles.

The close proximity to Grossmont Hospital and its large staff makes it ideal for a day care center and is part of the planning for Briercrest. It would also provide an opportunity for leasing to community groups on the weekends.

Lawn area could provide passive recreational uses and picnic areas for the community. Paved walkways will bisect the large open grass area upon which organized active recreational facilities will not be allowed.

The La Mesita/Parkway Middle site would be specifically for that purpose.

La Mesita Park has 9.8 acres and was dedicated as park land in 1960 and fully developed by 1976.

The adjacent Grossmont-Davis YMCA constructed its facilities in 1964.

The park contains a large open grass area, a playground, four lighted tennis courts, a basketball court and a concrete skating pad.

Parkway Middle School is comprised of 23 acres containing middle school classrooms and athletic grounds containing seven multi-use asphalt hardcourts, eight concrete handball courts and approximately 10 acres of decomposed granite fields.

The current enrollment is roughly 1,100 students who use the grounds only during regular gym classes and during lunch hour.

The combined approxi-

mately 23 acres of La Mesita Park and school grounds could be used for general park and recreational activities by the community after school hours and during the weekends and summer.

The proposal noted that the two sites, which will be a single sports complex by providing a vehicular and pedestrian connection between them sites, could create a major asset for the city of La Mesa.

The high demand being placed on existing athletic facilities across the city indicated that there should be as many sports fields located on the school site as physically possible.

The City Council stressed the need for a tournament quality complex of softball/little league fields since local leagues were typically having to travel for tournaments.

The development design includes fields for league play on school grounds, including three softball/little league fields and two football/soccer fields, including restrooms and bleachers.

The fields would be organized around a central plaza containing the restroom/concession stand building.

In addition, a running track would be installed around the two softball fields. The existing paved skating pad would be expanded into a roller hockey rink and a new skatepark would be added.

The skatepark would be fenced and administered by a private entity under a lease agreement with the city with patrons required to enter through a controlled access point after paying an entrance fee.

This would add a perimeter fence and barricade to offset the ambiance of a nice open community park, and would match the perimeter wall/fence which will surround the roller hockey rink.

There is the possibility that the rink will be run by a private entity as well.

All athletic fields will be lighted for night-time use.

The project has been broken down into phases to be completed as the funds become available one section at a time.

Costs for the private entities, including the Day Care Facility, the skatepark, the roller hockey rink and the YMCA expansion comprise \$4,436,836 of the total bill.

Major contributions to the funding and allocation of resources will be coming from parties with a vested interest, such as the La Mesa City Council, the La Mesa-Spring Valley School Board, the board of directors for the Grossmont-Davis YMCA and the Challenge Center executive director, as well as the La Mesa Athletic Council.

The first phase of the project will be the relocation of the sports facilities from Briercrest to the Parkway Middle fields.

Later, the remaining phases of construction will be prioritized according to funding and demand.

No phase will begin without full funding for completion and early maintenance in hand. To ensure the minimum disruption to school activities a majority of the construction will occur during the summer.

The Parks Master Plan does not have funding available for construction now, so funds will need to be solicited from as many alternative sources as possible, and may include the establishment of a foundation dedicated specifically to the parks project.

Debt financing through the use of revenue bonds is also an option.

Users of the existing parks will have improved facilities when the project is completed and no group should lose any facilities which exist today.

Loose ball draws action



West Hills (blue) defeated Christian, 4-0, in pool play on Dec. 26, at the Serra JV Soccer Invitational held in Tiersanta. Valhalla and Santana also participated in the 16-team tournament.

Photo by Mike Krawczak

East County High School

Sports Schedule

(as available)

Tuesday, Jan. 5 - Tuesday, Jan. 12

Check with schools for times

Tuesday (1/5) - Girls Basketball: (Boys at opposite sites) Claremont at Christian, Boys Soccer: Hoover at Christian, Wrestling: Helix at Rancho Bernardo.

Wednesday (1/6) - Girls Basketball: (Boys at opposite sites) Grossmont at Granite Hills, El Cajon Valley at Monte Vista, El Capitan at Valhalla, Santana at Helix, West Hills at Mount Miguel, Girls Soccer: Lincoln at Christian.

Thursday (1/7) - Wrestling: Valhalla at West Hills, Santana at Granite Hills, Helix at Grossmont, Monte Vista at El Capitan, Mount Miguel at El Cajon Valley, Boys Soccer: (Girls at opposite sites) El Capitan at Monte Vista, El Cajon Valley at Granite Hills, Helix at West Hills, Grossmont at Valhalla, Mount Miguel at Santana, Marian at Christian (boys only), Girls water polo: Grossmont at West Hills.

Friday (1/8) - Girls Basketball: (Boys at opposite sites) Grossmont at Monte Vista, El Cajon Valley at Valhalla, El Capitan at Helix, Santana at Mount Miguel, West Hills at Granite Hills, Christian at Crawford, Girls Soccer: Christian at Lincoln.

Tuesday (1/12) - Boys Soccer: (Girls at opposite sites) **Monte Vista at El Cajon Valley, Granite Hills at West Hills, Grossmont at Helix, Santana at Valhalla, Mount Miguel at El Capitan, Christian at Lincoln (boys only), Girls Basketball: (Boys at opposite sites) Christian at Coronado, Girls water polo: Santana at Grossmont.

(** Designated night game - Monte Vista at El Cajon only)

East County Recreation Department Phone Numbers

Santee Community Services Dept	258-4180
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Rec Dept. (Kennedy Center)	441-1676
Lemon Grove Recreation Center	668-4575
Lakeside Recreation Center	443-4169

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